

Sacramento Area Career Womens Network, Inc.



"Blue Music Returns to the Crest"

*A Night at the Theater with
Lucie Blue Tremblay
Saturday November 23
Crest Theater*

1013 K Street, Sacramento

Doors Open: 7 p.m.

Show begins at 8 p.m

Tickets: \$12.50 Advance -- \$15.00 Door

Available at: Bass/Ticketmaster

Lioness Books

SPECIAL RAFFLE: PROCEEDS BENEFIT SACWN

SACWN members and guests only are invited to a buffet dinner at the Crest Theater before attending the Lucie Blue concert. Buffet dinner-reception 6:30 - 7:45 p.m., \$10 in advance. No host bar. Concert begins at 8:00 p.m., \$12.50.

Calendar of Events

Nov. 23rd SACWN Lucie Blue Tremblay at the Crest, buffet reception and concert

Jan. 11 SACWN Joanne Loulan presents a night of comedy

Feb. 15 SACWN Valentine Dance

Nov. 2 "BROADWAY OUR WAY"

Lambda Players dinner show at Joseph's Town & Country; dancing after with the women's band "Second Nature"; call 442-0185 for tickets and info.

Mondays- Women's Rap Social, Lambda Community Center, 7 p.m., 442-0185

Tuesdays- 8 to 10 p.m., Being Gay Today, Cable 18

Thursdays- 9 p.m., Being Gay Today, Cable 18

Fridays- 8 p.m. Cafe Lambda, Lambda Community Center, coffeehouse and live entertainment 442-0185

Fridays- 7:30 to 10:30 Two-Stepping at MCC

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A Message From the Steering Committee

A special welcome to two new steering committee members, Pam Domecq as Newsletter Coordinator and Ann Johnson as Events Coordinator. Please let each of these women know if you have ideas or time and energy to give to their committees in the upcoming year. Pam is especially looking for someone to handle advertising in the newsletter and some more feature writers; Ann needs people to help put together events that promote interaction, fun and networking among us. Also, Susan Goodrich is looking for 2-4 people to work at the Hub on an alternating basis; call her for details.

Fall is finally here and we're looking forward to our annual special event for subscribers and their guests, this year coupled with the Lucie Blue Tremblay Concert at the Crest Theater. Subscribers are welcome to bring their men friends to this event, a pre-concert buffet dinner in the elegant Crest Theater lobby, since the concert itself is open to the public and we're sure many of our male friends will want to come hear this beautiful woman singer as well. SACWN will also benefit from the proceeds of the raffle to be held at the event. So, come have dinner with friends, enjoy some beautiful music, and start the holidays off right!

Rosy Metrailler
Corporate Coordinator

Announcements

If you have a Macintosh computer and want to offer word processing services for a fee, here is your opportunity. All articles and copy printed in the SACWN newsletter need to be put on a Macintosh disc monthly in preparation for the layout. Don't wait, call 456-9312 for more details. Or estimate your time for word processing services and submit your bid to SACWN, P.O. 661332, Sacramento, CA 95866.

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Periodically, SACWN needs caterers for our events. If you are interested, send information to SACWN, P. O. Box 661332, Sacramento, CA 95866.

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We're looking for an Advertising representative for the SACWN newsletter. This volunteer position involves soliciting advertising from SACWN members, handling renewals, and working on promotional ideas. If you're interested in working with the newsletter committee to help make advertising an integral part of the newsletter, please call Pam at 393-6714.

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As many of you have learned through past experience, working at the door of SACWN events can be fun! Take/sell tickets, make name tags, setup/clean up, meet and greet subscribers and their guests. Get into the event for half price, and meet all those women too!

Please call Linda at 486-8985 to sign up for the following:

January 11 - JoAnn Loulan (sex therapist)
February 15 - Valentine's Dance

Steering Committee

Rosemary Metrailler
Corporate Coordinator
(916)447-7255

Jane Irwin
Finance Coordinator
(916)424-3153

Ellie Zacks
Special Interest Groups
Coordinator
(916)9967-3513

Susan Goodrich
Networking Committee
Coordinator
(916)451-9691

Pam Domecq
Newsletter Coordinator
(916)393-6714

Ann Johnson
Events Coordinator
(916)927-6038

Linda Killick
Administrative Assistant
(916)486-8985

Newsletter Staff

Marta Kravech
Production & Design

Jayne Rountree
Advertising

Contributors: Robin Pepper, Judy Zuntag, Ellie Zacks, Ann Johnson, Sandra Warne, Susan Goodrich, Gretchen Jung.

SACWN, Inc. Newsletter is published monthly. No portion of this newsletter may be reproduced without written permission from SACWN, Inc., P.O. Box 661332, Sacramento, CA 95866. Please send letters signed to editor at the above address. Names will appear with prior approval. Letters and articles may be shortened due to space restrictions. To retain individual flair, minimal editing is done on articles submitted by subscribers. To help with the newsletter, call Pam at 393-6714.

Special Interest Groups -- October

Our thanks to Carol of Outdoor Recreation who is resigning as facilitator of this group. Please call me if you are interested in facilitating this group or have an idea for a new group. With winter coming on, you may have some new ideas for activities and we welcome your suggestions.

Ellie Zacks 967-3513

BRIDGE

The November games will be held Friday, Nov. 8 at 7 p.m. and Sunday, Nov. 24 at 4 p.m. (Locations to be announced.) Call Joyce for more info, 1-676-4317.

GOLF

Lisa, 368-7457 (days) or 363-3430 (eves)

SINGLES...and OTHERS

Joan, 1-795-1336 or Ann, 927-6038.

BOOK GROUP

Everybody loves a winner, and the book this month is one. Out of Time by Paula Marinec won an award this year as one of the outstanding examples of Lesbian fiction. This is a good book for reading before the fireplace on a winter's afternoon. The book group will meet and discuss this book on November 17, at 3 p.m. It will be fun—why don't you join us? for details, call Gretchen, 922-6287.

LATE-BLOOMERS

So, you're feeling alone, perhaps confused and probably afraid. If you're thinking about coming out or trying to sort out feelings that may or may not lead to coming out, this is a good place to share those thoughts. Or maybe you're out to yourself and some few trusted friends and not sure what to do next. Believe it or not, there are women who have been where you are or are there right now. This is a safe, comfortable and warm group where you can choose to talk, listen, learn or just find a friend. Some of us have

husbands or ex-husbands, children, aging parents, jobs to protect and our own sense of feeling like teenagers again. Why not give a call to Mary V., 631-7393 or Mary G., 395-1446 and make plans to meet with us on Thurs, Nov. 14 at 7:30 p.m. If you have to leave a message and need a "discreet" message in return, tell us that and we will respect your needs.

CULTURE CLUB

Join us on November 3 for our first San Francisco trip of the new season. We'll be going to the Modern Museum of Art, Ft. Mason and lunch at Green's. Call Ann for carpool information at 927-6038.

TOP TEN

The Top Ten group is for the 10% of SACWN members who are over fifty and for those who admire mature women. We meet once a month, usually the second Sunday, at a member's home for conversation, sharing and mutual support. We also gather once a month at a local restaurant for dinner and fun, usually on the fourth Thursday of the month. If you are interested, call Ariel, 483-9794, for time and location. We are a very friendly group and will do our best to make you feel welcome.

DAVIS OVER 30

Our Nov. meeting will be Sat. Nov. 16 at 7:30 p.m. The program this month in addition to general visiting will be an outrageous T-shirt contest and a Chinese potluck. For more info and directions, call Jodi, 758-6746 or Nancy, 756-7842.

OUTDOOR RECREATION

A hike is being planned for Sat. Nov. 16. A new co-facilitator is still needed for this group. Call Maggie at 456-1420 for details about the hike and call Ellie 967-3513 if you're interested in co-facilitating.

SECOND STAGE RECOVERY

"What you live with you learn. What you learn, you practice. What you practice, you become. What you become has consequences." (Earnie Larsen). Are you working to expand your consequences? Are you willing to participate in the solution that seems surrounded by the problems? If you have at least one year in a 12-step program, and are ready for what's next, call us. Second Stage recovery—a program for the "best of your life." Call Ann, 927-6038.

RAINBOW CAMPERS

See you next year! Jayne 921-6642.

WOMEN SURVIVING BREAKUP

Recently broken up? Still sometimes hurting after a year or two? Wondering how to make the holidays go well?

We've had great turnouts. We're using a new format with a topic (about coming apart, healing, and moving on) for the whole group and smaller groups to discuss personal concerns. Call Sandy, 933-0670.

TWENTYSOMETHING

Are you sitting at home wondering where all the women are? Well, we're her, waiting for you to join us. Mark your calendars! Nov. 16 we're off to Just Rewards, the women's bar in Walnut Creek. Promises to be a great time! Fri., Nov. 23, our next potluck, a chance for you to get involved and meet other women in their 20s and early 30s. For more info, call Tina, 456-1913 or Michele, 447-3989.

PLAY-READING

We are meeting twice a month on the 2nd and 4th Monday nights at 7:00. All types of parts are available. RSVP, Lenora, 444-0102.

SIGs continued on next page

SIGs continued

COUPLES GROUP

A new facilitator (or couple of facilitators) is needed for this group. Call Ellie, 967-3613.

LESBIAN PARENTS

We need a committee to help organize events for this group. If you have a couple of hours a month to spare, please give me a call. Sheri, 739-1691.

MUSIC ENSEMBLE

We are a woodwind ensemble in need of French horn and bassoon players. We meet twice monthly. For more info, call Terry, 927-8532.

NEW GROUP!!!

BASKETBALL

This is a new group, just for fun and good exercise. Call Maggie, 456-1420.

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Emotions and your Health ... A Balancing Act

by Sandra Warne, MA.

Poetry and Healing

Poetic prescription could well work better than tranquilizers. Whether a person is mildly depressed by every day matters, or traumatized by violence or terminal illness, some relief is available through poetry.

Today poetry is being used in fields as diverse as mental health and dentistry. It's helping the stressed to relax, the stricken to recover and the psychotic to relate.

The application of poetry seems ironic, at least initially, because people tend to look at a poem as a thing apart from reality. The truth is, poetry is one of the most effective "grounding" mechanisms that exists. Psychiatrist and author Jack Leely, M.D. has seen addicts go from being hooked on heroin to

being hooked on Hopkins, Herrick, and Homer.

In responding to the words of poems, patients learn the universal nature of their problems: that somebody-- even a long dead English poet understands. Fear and rage no longer loom as monsters about to engulf them, but may be seen for what they are: all too human emotions. Poetry may be used in reflecting the inner turbulent mental state of troubled individuals. Thus, the inner becomes the outer, or the conscious, making it tangible and workable. When depressed people are given poems to read, they will often use that experience to "open up" and start talking about their own emotions while they are talking about a poem. Poetry tends to tear down walls -- whether they exist between people or within ourselves.

Metaphor is unbeatable for projecting a holistic grasp of a situation. In truckers' jargon you'd call it a handle. A metaphor is a name that gives you something to hold onto. It also gives you an opportunity to hold your problem at arms length and look at it from a more objective perspective.

Metaphor, takes your inner feelings and put them outside so you can review them, take a second look and reframe something in your experience.

A social worker by the name of Margaret Massie Simpson, author of *Coping with Cancer* used poetry in her healing process.

In the hospital after her first operation, she started reading poetry to take her mind off pain. Within two years she was writing verses of her own, dwelling heavily on images of water and the sea.

She wrote a poem called "Devil Fish" and seemed to be focused on a water skiing trip she had taken just prior to her diagnosis. Later she felt she understood the meaning of the metaphors: she felt she had been drowning in self-pity. Later she said she had thought she was running from death, but discovered her problem was fear of life. She has since found that writing poetry acts like floating anesthesia, relieving her from fear and confusion.

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Book Review

by Gretchen Jung

Bayou City Secrets

by Deborah Powell; Naid Press, 1991 pp 213.

Have you ever wondered what the writings of Dashiell Hammett would have been like if he had been a Lesbian? No, me either until I read this book. *Bayou City Secrets* is set in 1936 in Texas. Our heroine, Hollis Carpenter, is a crime reporter for the Houston paper. Well, at least she is as the book opens, but early on the paper wants to move her to the society page. Is this because someone is afraid of her, or is it just sexism? And from there the mystery unfolds. A friend from the police department gets killed. There are good guy gangsters and bad guy gangsters and good cops and bad cops. There is a chase scene. There is a very cute dog sidekick. And of course there is a drop dead gorgeous wife of the newspaper owner as a love interest.

The book is funny and fast paced; it's so funny I found myself laughing out loud. A fun read; try it, you'll like it.

Intimacy Workshop Report

by Ann Johnson

On September 20, we were fortunate to be able to host a very unique and thought-provoking SACWN program. Sonika Tinker, MSW and Debra Rein, MA, presented their Love, Sex and Intimacy mini-workshop to an enthusiastic group of 100 women at the Clarion Hotel. Sonika and Debra have had considerable experience in this field. Their program "LoveWorks" offers personal empowerment and relationship coaching through workshops, special programs and individualized sessions. Their two weekend workshops, "The Heart of Relating" and "Lesbian Love" which expand on the topics they presented this evening, have been found to be extremely helpful for those who have participated in them.

What had originally been seen as a controversial and maybe even a frightening topic, turned out to actually be quite tame. It was also extremely provocative and dynamic. Sonika and Debra led us in several exercises. We tested our personal space boundaries and then practiced expanding them. We talked about our fears, trying to learn to be less afraid. We listened to a partner share with us with no interruptions and we shared the same way with them.

Scary, frightening — I can't imagine why. Quite simply, it wasn't. It felt safe, and it was very positive. Any time we can learn new ways to communicate with friends and lovers, to become more willing to be open with others, to risk intimacy and to do all this from

our distinctive experience as Lesbians; we can only increase our chances of success in the most important area in our lives: our relationships.

Can Lesbian relationships last? Debra and Sonika think so. And that's what this program was all about. It certainly has whet my appetite for attending one of their weekend experiences.

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New SACWN Directories Available

The new 1991-1992 SACWN Directories are now available FREE to members! They may be obtained next to the check-in table at the next SACWN program, and subsequently at the check-in table at most SACWN programs. If you are unable to attend a program and would like to receive your directory through the mail, please send a 6' x 10' self-addressed envelope stamped with three 29 cent stamps to SACWN, Inc., P. O. Box 661332, Sacramento, Ca 95866.

We endeavored to cut costs in producing the directory so it could be made available free to our members. We hope you enjoy using it and will support the many advertisers contained within.

A big thanks goes to the networking Committee for their work in putting the directory together, and particularly to Barbara Brass for her spearheading the project and seeing it to its completion!

LAMBDA Community Center Announcement

There continues to be a self-help drop in "freedom from smoking" group every Monday at 5:30 p.m. November 21st is the Great American Smoke-out and the Lambda Center is planning an event in support of all those who make it smoke-free for the whole day! The Tobacco program is seeking volunteers to work with adults and youth to educate about the effects of tobacco. For more information about any of these programs or to volunteer, please call Sue at the Center at 442-0185.

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Hub-A-Baloo!!!

The HUB is the center for information sharing at our SACWN programs — an integral part of our networking and hobnobbing — and now we need some SACWN volunteers to keep it going!!! Peopling the HUB basically involves transporting the HUB sign and assorted informational materials to and from SACWN programs (excepting dances and picnics), setting up the display, and monitoring it for about half the length of the event. It would be most helpful, less work, and more fun to have two people sharing responsibility for the HUB! If you attend programs regularly and would like to make a great contribution to your organization, give us a call at 486-8985 and we'll tell you more about it! HUB a heart!



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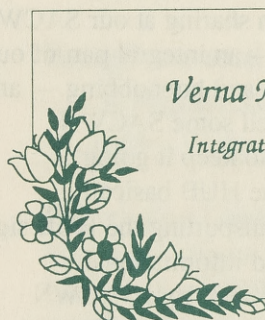
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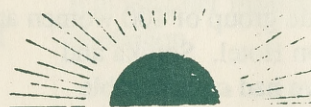
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New Lesbian Group Forming

*life transitions - relationships - family of origin
dependency - homophobia - family of creation*

Sandra Warne, M.A. IMF 17590

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Photos: Abigail Huller, Deborah Jones

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Address _____

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Phone (H) _____

(W) _____

Career

Interests

This form is NOT a permanent record. Please note: Names on checks are listed in our financial records and may be audited. You may elect to pay cash for your subscription and/or admission to our events. For your protection, do not send cash through the mail. If subscribing by cash, please make your payment at the next meeting you attend.

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SIGNATURE

DATE _____

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*SUSTAINING - Contributing a little extra to help supplement others on limited income.

Lucie Blue Tremblay
Lucie Blue Tremblay
Lucie Blue Tremblay

November 23, 1991

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